

Tyson's Corner Children Center

October 2023

AM/PM Snack Menu

Monday, October 2, 2023	Tuesday, October 3, 2023	Wednesday, October 4, 2023	Thursday, October 5, 2023	Friday, October 6, 2023
AM: Crispy Rice Cereal, 1/2c AM: Milk, 1/2c	AM: Honey Maid Graham Crackers, 1 pkt AM: Mixed Fruit in Juice, 1/2c	AM: Corn Chex (GF), 1/2c AM: Orange Wedges, 4ea T&T: Toastios, 1/2 c T&T: Banana, 1/2	AM: Vanilla Yogurt, 1ea AM: Banana, 1/2ea	AM: Fresh Baked Blueberry Bread, 1sl AM: Milk, 1/2c
PM: Townhouse Crackers, 4 ea. PM: Pears in Juice, 1/2c	PM: Townhouse Crackers, 4ea PM: Fresh Baby Carrots, 1/2c PM: Ranch, 1 ea. T&T: Mandarin Oranges in Juice, 1/2 c	PM: WG Cheese Goldfish, 1pkt PM: Red Delicious Apple, 1/2ea T&T: Peaches in Juice 1/2 c	PM: Cheddar Cheese Slice, 1ea PM: Townhouse Crackers, 4ea	PM: Mini Pretzels, 1/3c PM: Golden Delicious Apple, 1/2ea T&T: Honey Maid Graham Crackers, 2ea T&T: Applesauce, 1/2 c
Monday, October 9, 2023	Tuesday, October 10, 2023	Wednesday, October 11, 2023	Thursday, October 12, 2023	Friday, October 13, 2023
<i>Indigenous Day</i> <i>Peoples Day</i>	AM: Vanilla Yoqurt, 1ea AM: Homemade Granola (nut free), 1oz T&T: Honey Maid Graham Crackers, 1 pkt	AM: Cheerios Cereal (GF), 1/2c AM: Banana, 1/2ea	AM: WG Cinnamon Raisin Bread, 1/2sl AM: Milk, 1/2c	AM: Fresh Baked Banana Bread, 1sl AM: Red Delicious Apple, 1/2ea T&T: Applesauce, 1/2 c
	PM: WG Cinnamon Crispy Bites, 1 pkt PM: Milk, 1/2c	PM: WG Sliced Bagel, 1/2ea Cream Cheese, 1/2oz PM: Applesauce, 1/2 c	PM: WG Cheese Goldfish, 1pkt PM: Fresh Baby Carrots, 1/2c PM: Ranch, 1 ea. T&T: Peaches in Juice, 1/2 c	PM: Cheddar Cheese Stick, 1ea PM: Townhouse Crackers, 4ea
Monday, October 16, 2023	Tuesday, October 17, 2023	Wednesday, October 18, 2023	Thursday, October 19, 2023	Friday, October 20, 2023
AM: Crispy Rice Cereal, 1/2c AM: Milk, 1/2c	AM: Honey Maid Graham Crackers, 1 pkt AM: Mixed Fruit in Juice, 1/2c	AM: Corn Chex (GF), 1/2c AM: Orange Wedges, 4ea T&T: Toastios, 1/2 c T&T: Banana, 1/2 ea.	AM: Vanilla Yogurt, 1ea AM: Banana, 1/2ea	AM: Fresh Baked Blueberry Bread, 1sl AM: Milk, 1/2c
PM: Townhouse Crackers, 4 ea. PM: Pears in Juice, 1/2c	PM: Townhouse Crackers, 4ea PM: Fresh Baby Carrots, 1/2c PM: Ranch, 1 ea. T&T: Mandarin Oranges in Juice, 1/2 c	PM: WG Cheese Goldfish, 1pkt PM: Red Delicious Apple, 1/2ea T&T: Peaches in Juice, 1/2 c	PM: Townhouse Crackers, 4ea PM: Cheddar Cheese Slice, 1ea	PM: Mini Pretzels, 1/3c PM: Gala Apple, 1/2ea T&T: Honey Maid Graham Crackers, 1 pkt T&T: Applesauce, 1/2 c
Monday, October 23, 2023	Tuesday, October 24, 2023	Wednesday, October 25, 2023	Thursday, October 26, 2023	Friday, October 27, 2023
AM: Rice Chex (GF), 1/2c AM: Milk, 1/2c	AM: Vanilla Yogurt, 1ea AM: Homemade Granola (nut free), 1oz T&T: Honey Maid Graham Crackers, 1 pkt	AM: Cheerios Cereal (GF), 1/2c AM: Banana, 1/2ea	AM: WG Cinnamon Raisin Bread, 1/2sl AM: Milk, 1/2c	AM: Fresh Baked Banana Bread, 1sl AM: Red Delicious Apple, 1/2ea T&T: Applesauce, 1/2 c
PM: Baked Multi Grain Sun Chips, 1/2pkt PM: Mild Salsa, 1oz T&T: Vanilla Yogurt, 1 ea. T&T: Mandarin Oranges in Juice, 1/2 c	PM: WG Cinnamon Crispy Bites, 1 pkt PM: Milk, 1/2c	PM: WG Sliced Bagel, 1/2ea PM: Cream Cheese, 1/2oz PM: Applesauce, 1/2 c	PM: WG Cheese Goldfish, 1pkt PM: Fresh Baby Carrots, 1/2c PM: Ranch, 1 ea. T&T: Peaches in Juice, 1/2 c	PM: Cheddar Cheese Stick, 1ea PM: Townhouse Crackers, 4ea
Monday, October 30, 2023	Tuesday, October 31, 2023	Wednesday, November 1, 2023	Thursday, November 2, 2023	Friday, November 3, 2023
AM: Crispy Rice Cereal, 1/2c AM: Milk, 1/2c	AM: Honey Maid Graham Crackers, 1 pkt AM: Mixed Fruit in Juice, 1/2c	AM: Corn Chex (GF), 1/2c AM: Orange Wedges, 4ea T&T: Toastios, 1/2 c T&T: Banana, 1/2	AM: Vanilla Yogurt, 1ea AM: Banana, 1/2ea	AM: Fresh Baked Blueberry Bread, 1sl AM: Milk, 1/2c
PM: Townhouse Crackers, 4 ea. PM: Pears in Juice, 1/2c	PM: Townhouse Crackers, 4ea PM: Fresh Baby Carrots, 1/2c PM: Ranch, 1 ea. T&T: Mandarin Oranges in Juice, 1/2 c	PM: WG Cheese Goldfish, 1pkt PM: Red Delicious Apple, 1/2ea T&T: Peaches in Juice 1/2 c	PM: Cheddar Cheese Slice, 1ea PM: Townhouse Crackers, 4ea	PM: Mini Pretzels, 1/3c PM: Golden Delicious Apple, 1/2ea T&T: Honey Maid Graham Crackers, 2ea T&T: Applesauce, 1/2 c

Portions meet CACFP requirements: Snack 3-5 years - 4oz. Milk, 1/2 oz meat/meat alternative equivalent, 1/2 c vegetable, 1/2 c fruit , 1/2 oz grain equivalent.

To see your Nutrislice Menu go to ffsfood.com. Customers, Menus, scroll to find your schools name OR click link:

<https://ffsfood.com/schools-2/>

<https://tysonscornerchildrenscenter.nutrislice.com/>

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